

Evaluations for two (2) sessions of:

“The Secret Life of a Needham Teen”

Presented by Jon Mattleman

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What did you find most valuable about this workshop?

- The examples
- That kids think differently
- An appreciation for the “reasoning of the kids”
- The parallel play story/example
- Having a special day with your kid (talking them out of school)
- Attending it
- The real life examples
- Keeping quiet and listening vs. lecturing kids
- Listen more and talk less
- How to handle situations (that kids do things for a reason)
- Not to give up
- The importance of stamina
- Allowing your kids to make mistakes
- Not trying to fix everything
- Taking a school day with your child
- Acknowledging that they have a lot on their plate
- Strategies for dealing with my son
- This brought up a lot of good issues
- The anecdotal stories
- Recent teen issues
- The examples were awesome
- The top 15 list --- it summarized everything nicely
- The examples
- Insight into why they behave a certain way and make decisions
- Very comprehensive information to better understand our kids
- Very practical, down to earth advice
- Reinforced how to have a healthy relationship with your child...it dovetailed nicely with the keynote speaker
- Hearing why kids keep secrets and what they really want
- To listen
- How kids want parent to just listen and ways to do that
- Strategies for interaction
- To talk less!!!
- The real life examples
- That they actually know right from wrong
- Reminding me to keep my awareness up around these issues
- The resources

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- To listen
- The examples were very helpful (and the advice)
- It reinforced my knowledge
- I need to listen and not fix it
- To keep my expectations but adjust/change my time lines
- Understand that there is a reason for all of their behaviors
- Most of it
- Awareness about suicide
- Helpful
- Fun
- Your approach/insights in dealing with teens
- Understanding that they do things for a reason and a good reason
- The humor
- Words to say to our kids
- Can't vs. Won't theory
- It reinforced the idea that my kids are normal
- It have me perspective and understanding about what he is going through
- The lots of real life examples
- Concrete suggestions/language to use in different situations
- Tips and insights
- How to communicate with kids in different situations
- All of the topics on better parenting
- Everything!
- The personal stories, statistics and humor allowed me to really hear you
- I loved that we can take home your messages and adjust our actions today to better maintain the relationship with our kids
- Relating to my son
- Understanding teenagers
- Realizing that suicide/drugs/alcohol is real
- Reinforced information from an earlier speaker in a different format
- Hearing real stories that reinforced the points made
- Good, relaxed advice
- I loved his stories about his kids
- Tips for parents
- Make sure to respect and don't fight about the small things (e.g. messy room)
- That our kids are normal
- Some really good tips that I have not considered from a kids point of view
- The perspective that "I know that you did this for a good reason..."
- I learned the important things to fight about (not everything!)
- To understand that everything the kids do they do for a reason (and a good reason to them) --- I never thought about this but it makes so much sense
- Learned tips/strategies to deal with my kids
- In my opinion all of the information was useful
- The value of no eye contact
- To listen more and to talk less

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- That we need to expect them to make mistakes
- Suicide awareness
- Hearing that all my fears/concerns about my 12 year old son are real and that I am not alone
- Tapping into the mind of a teen is not always easy and Jon presented wonderful insight
- I thought it was very effective
- The use of stats was appropriate --- not too much because it is in the packet, but good not to skip over it

What might you change about the workshop? (if anything)

- **Nothing, I loved it all**
- Too short --- lots of info in a short time !
- Fastest hour ever
- Longer (2)
- Too much material for this time frame
- I would suggest less topics since there is short time
- I did not feel that I learned “secrets” in the sense of things that go on with kids that parents do not realize is happening
- Make the session longer
- Shifting the balance just a little from family stories to non-family stories would be great
- Handouts to follow the lecture/presentation with room for notes
- Longer time
- More opportunities to ask questions
- Having my wife attend and learn
- Nothing (4)
- More time would be helpful
- More time (2)
- Have the top 15 tips as a handout
- Not enough time....there is never enough
- Nothing --- really well presented and good material
- We always talk about role models...is there any way to have a workshop on positive role models for youth?
- A handout with some key points of the presentation
- Maybe adding a few scenarios where people can act out issues for the group and receive feedback
- Make it longer

What is one thing you have learned/thought about from this workshop that you might/will try?

- I will change my attitude when I talk to my kids
- I am going to be more emphatic

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- To relax
- To listen more and to talk less (6)
- Never change my expectations but the timeline
- Align my intentions and actions
- That kids will make mistakes and that it is OK
- Listen more
- Talking in the car and in the dark
- Not talking with kids in the morning
- Listen more, talk less, expect less
- I will try the things Jon said when I get home
- Have a special day with my kids
- Listening more and not pushing questions on them right when they come home from school
- Listen and not fix
- I had no idea that there were such town services provided by Needham Youth Services (thought the Youth Commission was youth events and not parent events too)
- Have a day alone with them
- Shift the timeline when the expectations are not met
- Taking your kid out of school for a day and doing something special
- Not to ask "how did the test go?"
- I realize that kids are always being judged and we need to back off
- Talk less and to stop trying to fix
- Use language like "what do you think you should do?"
- Assume they do it for a reason and explore their reasons
- The different ways to engage teens in conversations
- Talk less and don't ask questions after school
- Talk in the dark (2)
- More listening and less talking
- Being organized for my children may take more time
- Be aware of suicidal thoughts, depression, drugs, etc.
- Not to suffocate my daughter with questions
- "Day off"
- The idea of recognizing mutual respect and not to preach
- That they have good reason for their actions even though we might not recognize it --- and to acknowledge their reasoning and try to understand it
- Will attend to them and listen
- That they have good reasons for their actions (2)
- No changes to my expectations but change my time lines
- Make creative consequences
- To shut up and listen
- Listen more and talk less
- Be mindful of kids' need for respect
- Separate times of listening and discussion about consequences
- Regarding risky behaviors: that they are good decision makers but not in that moment

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- Just shut up and don't lecture
- "I know you have a good reason for doing that..."
- To take a day with my son
- To understand that everything they do they do for a good reason to them
- Their risky behaviors are for good reasons to them...to try to understand their reasons for these behaviors
- Focus on listening and not lecturing
- More listening
- Don't change expectations...change timelines
- When kids make a bad choice have them explain their reasons but also tell them that as a parent I know to them it was a good reason, but...
- Take a day with our kids --- no logistics just go and have fun
- One day off school to spend with my child
- That kids do things for a good reason (to them) --- Wow: I have to really consider this !
- Be respectful
- We are parenting well...
- Institute a "day out..."
- Listen (not to talk)
- "One day"
- I need to do a better job at listening

Feedback to leader:

- Extraordinary presentation...what a resource
- We are lucky to have you in Needham
- Excellent speaker
- I have heard Jon speak before but never with my husband. Jon is excellent and my husband and I have a lot to discuss together now
- You are great and entertaining
- You were great --- loved your talk and how you shared your approach when dealing with your own kids
- Jon's style is so wonderful
- You are so approachable and friendly
- You clearly have a lot of experience
- The presentation was engaging, informed, great practical advice
- Very accessible
- Humorous delivery
- A great, very fast hour
- Great presentation --- wish there was more time
- Jon is so warm and personable
- Well done
- Great
- Glad we have Needham Youth Services
- You're awesome
- The stories and examples were great
- We are lucky to have you as a resource

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- Thank you (3)
- Great workshop ! (3)
- You were great and it is good to hear from another parent
- Well done !
- Thanks (2)
- Great energy
- Glad you are reachable and that I can find more support if need be
- Thanks for a great presentation
- Your knowledge and experience will help us to grow with our kids
- Great job !
- Awesome !
- The workshop was great...very helpful
- Thank you for being so candid Jon
- Great, entertaining life examples
- Helpful
- Excellent (2)
- Very knowledgeable
- Nice job, thanks
- Jon: could you please email me the "15 points?"
- Great sharing of your stories
- A very good session
- Talking in the dark will not work during the day (though closed doors or separate floors works in the same way)
- Great presentation
- You are a valuable resource to the community
- A+
- Thank you for sharing yourself and knowledge so effectively and beautifully